



2016 Recipe Challenge Finalist Cauliflower Mac & Cheese

Ingredients:

- 1-½ pounds Cauliflower (½ large head)
- 2 cups Uncooked whole grain elbow macaroni
- 1-½ cups Chicken broth
- ½ cup Low-fat (1%) milk
- 2 tablespoons All Purpose Flour
- 2 cups Reduced-fat sharp cheddar cheese
- 1 cup Plain low-fat Greek yogurt
- Salt and pepper to taste

Instructions:

1. Cut cauliflower into large chunks, keeping core intact. Using a cheese grater grate cauliflower florets into large bowl to measure 3 cups.
2. Place cauliflower and macaroni in microwave safe bowl.
3. Whisk broth, milk and flour. Pour on top of macaroni and cauliflower and mix well.
4. Microwave, covered, on HIGH 17–20 minutes or until macaroni is tender, stirring once halfway through.
5. Carefully remove from the microwave.
6. Add yogurt and 1½ cups of the cheese (save ½ cup), stir until well blended. Season to taste with salt and pepper.
7. Sprinkle with remaining cheese and microwave, covered, on HIGH 1 minute or until cheese is melted.
8. Serve!

Nutrition Facts

Serving Size 1 cup (380 g)
Servings Per Container 4

Amount Per Serving

Calories 420 **Calories from Fat** 200

% Daily Value*

Total Fat 22g **35%**

Saturated Fat 13g **65%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 770mg **32%**

Total Carbohydrate 29g **10%**

Dietary Fiber 4g **14%**

Sugars 5g

Protein 25g

Vitamin A 15% Vitamin C 60%

Calcium 50% Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

Disclaimer: Nutritional values are an estimate utilizing the NutritionistPro software. Cost is estimated based on current food costs.

